

TMI *focus*

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A Newsletter Of The Monroe Institute

Fall 1993

THE FOREST, NOT THE TREES

by Robert Monroe

It is astounding how intense concentration can divert attention away from the obvious. Only very recently were we made aware of the broad view of our work these many years. It may well be extremely important—far more than any single event that has taken place.

As you may already know, back in 1956, my company began a small R & D program into the possibility of data learning by rote during the sleep state. The first problem encountered was that of getting the subject to sleep when needed for testing, without the use of medication. As the parent company was one of the nation's leaders in the use of sound to evoke emotional states, it was relatively easy to develop audio patterns that performed the sleep-inducing function.

We gave it the label Frequency Following Response (FFR) when EEG studies showed similar brain-wave patterns appeared concurrently or soon after the sound stimulus was heard. Early results were quite successful. However, the project was diverted in 1958 when it was discovered that such waveforms with variations could evoke states of expanded consciousness far different from the normal waking state.



It was exciting, even frightening at times back in those early days, because what was taking place among our subjects was completely new to us and beyond our knowledge and experience. Conventional studies brought out nothing remotely close to our findings. Unorthodox areas such as meditation, hypnosis, trance states, and the like offered points of similarity, but there were differences that could not be ignored.

We continued our exploration. It was too fascinating to dismiss. We began to develop methods to induce certain repeatable states of consciousness. We gave them our own labels because we couldn't find appropriate I.D.s in scientific literature or in esoteric areas. None seemed to fit closely our results.

Through the years, assorted researchers, psychologists, philosophers, scientists, and others somehow heard of our work and came to visit or participate in our exploration. With this came much improvement and sophistication in our methods and techniques, including measurement,

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H-PLUS ODYSSEY—Part II

by Barbara Bullard

In the spring of 1989, community college instructor Barbara Bullard and her students began to use the Hemi-Sync™ HUMAN PLUS series. They speedi-



ly discovered that the tapes were useful across the spectrum of the learning process. With their confidence established, instructor and students were prepared to apply the H-PLUS tools for personal change and development. Results were every bit as noticeable and startling in that milieu. Barbara gives some of the details below.

FOCUS: Barbara, in our first talk you described how quickly and effectively you and your students were successful with H-PLUS in developing study skills—focus, retention of subject matter, and mathematical proficiency.

Barbara: And success in changing personal habits and fostering personal growth and development was comparable.

FOCUS: Could we have some details?

Barbara: Certainly. Many of my students and their family members have used *Eat/No Eat* to help them control their eating habits and to lose weight successfully. Several students have lost up to fifty pounds.

FOCUS: Didn't you mention using *Eat/No Eat* together with *Nutricia* yourself?

Barbara: Yes. I've personally used *Eat/No Eat* and *Nutricia* to help me lose twenty pounds and then to maintain my weight. These tapes complement any diet plan. They've been quite helpful with students suffering from anorexia and bulimia.

FOCUS: How could the same tape exercises be effective in such a variety of situations?

Barbara: Well, the Function Commands provide the flexibility. The Command for *Eat/No Eat* is Plus-Satisfied, Supplied for overall appetite control. The Command for *Nutricia* is Plus-Food More or Plus-Food Less. Therefore, *Nutricia* can increase or minimize the nutrients absorbed from food.

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A HEALER'S PROGRESS

by Alan Gaul

Alan Gaul of Brisbane, Australia, joined the Dolphin Energy Club in August 1992. He was familiar with non-physical energies and had already begun to apply



them for healing. In the following letter he shares his initial personal experiences and how they have been integrated with Hemi-Sync. Alan wishes to emphasize that each individual's work with healing energy is unique. His remarks are in no way intended to imply that others should follow his approach.

As I mentioned during our telephone conversation, I was already somewhat familiar with non-physical energies and had a very basic notion that they could be used for healing. Here, then is a brief outline of how this started and how things have progressed.

During the latter part of 1990 and early 1991, I began to experience tingling sensations when meditating or listening to certain pieces of music. The frequency and intensity increased over this period and generally resulted in what could best be described as a "trance-like" state. Associated with these "states" came perceptions of other places, times, people and events. To be more specific, I think I interacted with a non-physical being and viewed some of my own past lives. By March 1991, I began to sense my own energy bodies and chakras. I also found that I could feel/sense the energy bodies and chakras of my wife, sister-in law, and other family members.

Around this time my wife found *Journeys Out of the Body* which we both avidly read. In early May, 1991 I had the most startling "dream" of my life. Basically, a hooded, robed figure appeared by my side, and I was asked, "Do you want to know how to use your power?" Evidently I said "yes" and soon after I was pushed

out of my body. I was taken to a locale where I met many people, all communication was NVC [nonverbal], and all movement was instantaneous. The feeling of peace and freedom was beyond words. After this I read more books (including *Far Journeys*) and thought very much about what was happening to me. We also purchased the *GATEWAY EXPERIENCE* home programme which provided us with many tools to further extend our understanding of what was happening in our lives.

For the next 6 months my wife and I continued searching, reading, discussing and questioning both in C1 and Focus 12. We completed the *GATEWAY EXPERIENCE* and greatly modified our approach to meditation as a result. Then in November, 1991 an occurrence even more startling than the dream happened. I was endeavouring to learn more about the Human Energy Field by sensing (with my hands) the energy bodies of my wife, sister-in-law and her husband. I would state the *Gateway Affirmation*, go to Focus 10 and then place my hands just above the physical body of the person concerned. In every case I could "feel" the energy field and occasionally I would also "see" images of the injury or other circumstances effecting the person. On this particular evening, this process induced a very deep trance-like state and then culminated in the channelling of a non-physical being. This has occurred many times since then and through question and answer sessions we have ascertained that there are a number (twenty-four) of non-physical beings (INSPECS?) who provide healing and guidance. These beings are known to us as the Healing Group and generally three or four work through me at any given time.

A typical session is as follows: firstly, I state the *Gateway Affirmation* but now also add, "I deeply desire that my higher guides, that beings of light, work through me to provide whatever energies are appropriate for this person. I ask that peace, health and happiness be theirs and provide myself as a means for further guidance as necessary." The healing then ensues and can last thirty to forty minutes. During this time I do not analyse or

decide where to place my hands they just move. The recipients of this energy have reported a sensation of deep penetrating heat, tingling, deep peace & relaxation and sometimes sleepiness. After the "healing" is finished verbal channelling of information and guidance begins. A typical session lasts 40 to 50 minutes. We have taped these sessions and transcribed a large volume of information. Generally, much of this is guidance on following one's true essence with the ultimate aim of achieving oneness with the source of all. Some of the discussions deal with healing techniques, but I find that most of what I know is of an intuitive nature.

After much consideration, I decided to join DEC and now use the techniques not only for remote healing but also as a tool for personal learning and exploration. To date only seven people (including two presented by DEC) have been recipients of energies sent through me and some reported effects include (1) an almost immediate reduction in pain (2) a dramatic increase in energy (3) the restoration of mobility and a marked increase in well-being. The most remarkable result so far has been the complete elimination of a severe migraine in about ten minutes. I should also add that the greatest reduction in pain coincided with the peak experience in *[METAMUSIC] Random Access!!*

To conclude, let me state that I am not involved with any formalized church or spiritualist group and feel no need of such belief systems. These pages are offered for your consideration as a true and honest statement of my most personal self and with the earnest wish that some benefit, however small may be obtained from the information.

Become a member of the Dolphin Energy Club and use the special Hemi-Sync patterns, based on brainmap studies of talented healers, to hone your own remote-healing skills. Contact Shirley Bliley, DEC Service Coordinator, at The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938-9749, or telephone (804) 361-9132. Membership is \$35 for TMI members and \$50 for non-members, renewable yearly.



FOREST

Continued from page 1

most of them from scientific and medical sources. We probably would have remained a quiet and obscure research facility had it not been for a single event.

In the mid seventies, Esalen Institute at Big Sur in California heard of our work and invited us to conduct a workshop there, using the methods we had developed. After that, evidently the word spread and we found ourselves with an opportunity to see the results with a wide range of subjects, far more than the eighteen we had at the time. Bullish, we called it the M-5000 Program. Later, we changed the name to the *GATEWAY VOYAGE*, sure that we would never reach such an optimistic goal. (It passed the 5,000 mark in 1987.)

All of this is an explanation or apology for missing the Broad View.

It happened when someone suggested a simple "teaser" line on the outside of a new brochure we were preparing:

NOW!

***Learn to Control the OTHER
THIRD of Your Life!***

SLEEP! That other third of our lives. Mysterious for the most part. Very little scientific knowledge about it except for body biological and electrical data, conflicting dream studies, variegated theories as to what really happens, and uncontrollable in most instances.

The revelation: ***Virtually all of the Monroe Institute activities involve constructive use of the various stages of sleep.***

During planned exercises, in states physiologically identifiable as the four stages of sleep, TMI participants access and communicate with what might be identified as the unconscious, subconscious, ID,

superego, autonomic system, and other areas of the human mind yet to be labeled. Until recently, the process of going to sleep and waking up had long been relegated to a secondary interest, it was so easy to establish. The prime interest has been the exploration of self under the simple condition code: Mind Awake/Body Asleep.

Under this Broad View, the Institute recognizes that it possesses only the tools and limited experience to approach such a massive undertaking as total control and constructive use of this "Other Third" of our lives. Therefore, we invite the participation and cooperation, one way or another, of sleep authorities, researchers, technicians, organizations, associations, and others in this new project.

The potentials for change in human consciousness are enormous from this Broad View.

Not the trees! The Forest!



H-PLUS

Continued from page 1

FOCUS: Is change as easily obtained and maintained with obstructive habit patterns and emotional blocks?

Barbara: In my students' experience, this has been the case. Several tapes have been highly effective in overcoming negative memories and emotions.

FOCUS: Which ones, specifically?

Barbara: The most varied impact can be found in using the *Off-Loading* tape. It's purported to help "release restrictive and destructive mental, emotional, and physical patterns that impede achievement of your needs and goals." I've witnessed how this exercise helps people to release past memories of abuse, rape, hurt, and disappointment. Several students have used *Off-Loading* in relation to disabilities and illnesses. It's a very versatile tape to "off load" just about anything.

FOCUS: Could we have one representative instance?

Barbara: Of course! One forty-year-old student used *Off-Loading* to help herself overcome a strong irritation with her husband's behavior and to lose twenty pounds. It worked so well that three weeks later she started using the tape to stop drinking and

then to stop smoking. She achieved all of these desired goals in six weeks.

FOCUS: What an achievement!

Barbara: Admittedly, she was motivated! But she said it was the *H-PLUS* Function exercise that helped her to overcome the inertia and fear associated with these personal problems. Numerous students have used it for weight loss, stopping abuse of drugs and alcohol, and releasing the trauma of broken hearts.

FOCUS: Do other *H-PLUS* titles stand out in this area?

Barbara: *Let Go* is comparable, but I've found it most useful in letting go of the initial anger, frustration, and hurt that interfere with objective decision making.

FOCUS: As a "wrap-up," please tell us about one of your own favorites.

Barbara: *Mobius West* has been very effective in programming desired goals and the time frame for attaining them. It's particularly helpful whenever I have a mountain of papers to grade.

FOCUS: Fascinating. How does it work?

Barbara: I set them in a pile and use the Command [Plus-Change, Change] with the intention to complete the grading by a set time, and voila! On a couple of occasions, I actually had the feeling that time expanded and that I had more energy and less dis-

traction. By the way, the goal usually includes more papers than I could reasonably think I could grade in the allotted time.

FOCUS: Beleaguered educators will thank you for this tip—at last, a time-stretcher! Thank you, once again. We look forward to your insights on *H-PLUS* to support healing in a future issue.



CLIP TIPS

We depend on our readers to send us clippings of news items, editorials, columns, book reviews, research reports, etc., because commercial clipping services are prohibitively expensive.

When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut it out or photocopy it, indicate the date and source, and send it to The Monroe Institute, Route 1, Box 175, Faber, VA 22938-9749, Attn: FOCUS Clip Tips. Thanks!



LIFELINE— DEVELOPING COMMUNICATION ACROSS DIMEN- SIONS

by Phyllis Berman Popkin

Phyllis Berman Popkin and her husband, Arnie, credit *The Monroe Institute* and Bob Monroe with prompting major changes in their lives. After receiving intuitive messages during the GATEWAY VOYAGE in 1979, they moved from New Jersey to Charlottesville, Virginia, and Phyllis wrote her first two books, *Have You Seen Any Good Miracles Lately?* and *the accompanying workbook*, *And That's That*. After Arnie attended GUIDELINES in 1985, they built a home on the New Land, adjacent to the Institute. Phyllis began conversing with people who have made the death transition almost daily after she and Arnie took the LIFELINE course in 1992.



For almost forty years I struggled with decision making, before learning that we all have an inner wisdom that is always available to us.

For almost forty years I thought that there was an impenetrable wall between the living and those who had left the earth plane. Over the next decade came the knowledge that communication was possible. However, it was at the *LIFELINE* course at The Monroe Institute in December 1992, that my world expanded immeasurably. Just as I could easily converse mentally with people on earth when we were in different cities, I could feel safe and comfortable doing the same thing with those who had entered the next phase of life! Can you imagine my joy, amazement, and relief at seeing my "deceased" relatives and friends looking happy, healthy, and younger? While relaxing and listening to a Hemi-Sync tape, I was instructed by my intuition to share

the insights and strong feelings of those who have passed on with people still in this reality.

Here are some examples:

* While my daughter and I were driving in separate cars on a crowded superhighway near Washington, D.C., a sudden heavy rainstorm began. I trembled with fear for our safety. Suddenly Nancy Monroe, who had died two days before, was sitting beside me. I was stunned! She had suffered for months, but now looked radiant. She assured me that both my daughter and I were being protected. She also said: "Phyllis, if I had known how wonderful it was going to be up here, I would have left the earth earlier! Please work with Bob and tell people [those who are quite ill and near death] to leave earlier." Her advice inspired me to enroll in *LIFELINE*.

* After *LIFELINE*, I continued "tuning in" on deceased people. One day I inquired about a seventy-five-year-old retired car dealer who had recently died. His greeting was very different. In my mind, I saw him crying uncontrollably on my shoulder as he repeated: "It wasn't my time! It wasn't my time!" Asked what he would do if he could return to earth, he responded, "I'd hug more people!" To ease his unhappiness, I informed him that I was one of the world's biggest huggers. The license plate of my car, purchased from his showroom, reads HUG MORE. I promised to ask his family for a photo of him. Then, whenever I hugged, I'd say that the hug was from both of us and would show the person his photo. He brightened immediately!

Speaking with his son that evening by phone, I learned the younger man had been angry all his life because his father never showed affection or shared his feelings. So it was most appropriate that during a visit the next day I gave him the hug from his father that he had always craved. We both cried.

* In a mental conversation with Anne, an older woman I'd never met, she greeted me in a British accent for part of the conversation, while sitting on a throne, and regally offered me tea! She then said: "Thank you for joining me in my playacting. I've always been fanciful but kept it

well hidden. What a pity! Phyllis, tell people on earth to go after their hearts' desires, to do the things that inside they feel compelled to do. Take all the "shoulds" and "should nots" and burn them. Then people on earth will be happier, more joyful inside, and will manifest peace on the outside. Tell them, please, Phyllis. I meet so many frustrated people up here who wish they had followed their dreams while they were on earth."

* Gary, a young man who died of AIDS, gave me a message for his grieving, angry sister. He reported: "I'm laughing and dancing. Life is great up here! Stop worrying about what's happening with my money. I'm not! Just let life flow on and watch what happens. If you're watching, not judging, you'll see good in every situation, every single one, I swear it. . . . Picture yourself up here, looking down at all the little games people play with one another. They're not necessary. Period!"

"Love is the key. Remember that forever. Actually, you have to, sooner or later. That's what they teach us up here. So why not learn it sooner, little sister? I love you. Stop fussin'; start living with joy! Look at yourself in the mirror and you'll see the difference. Look at yourself and think angry thoughts. See how you look? Now think of something or someone you love. Notice how your features soften? Soften, melt, and you'll help the world soften and melt. You can do it! Please do it, for me."

There are many other communications that might be collected and published someday. Meanwhile, I'm so grateful to be able to deliver consoling messages to individuals here on earth and to relay the newly-acquired wisdom that deceased people are so eager to share to such a wide, receptive audience.

[Ed. note: Phyllis is currently writing her third nonfiction book, a detailed guide on how to use Hemi-Sync and other methods to relax, get in touch with intuition, and begin to trust it. The working title: *Shut Up and Listen.*]



THE INNER CIRCLE ALLIANCE

In June, members of the *INNER CIRCLE* received an information letter explaining the organization of The Monroe Institute and its current challenges. They were also asked to assist in generating bridging funds to support a growth period currently in progress. The response from several *IC* members was most generous, and we are very grateful. Their support helped us meet our operating expenses for the first half of 1993.

The *INNER CIRCLE* exists for those wishing to be personally involved in ongoing Hemi-Sync research conducted by the Institute laboratory. [Feedback from the *INNER CIRCLE* on the new *TimeOut*® CD has been extremely pertinent, and these comments will be considered as other planned CD productions take form.] The *INNER CIRCLE* also offers an opportunity for those wishing to provide financial support for the activities of the Institute. *INNER CIRCLE* involvement demonstrates a sense of responsibility, a personal accountability beyond sustenance levels for the advancement of human consciousness. *IC* allies understand the human potential for healing, creativity, and wholeness and have committed themselves to it, both spiritually and financially. In so doing, they have also opened their hearts to receive.

As a 501(c)(3) nonprofit organization, The Monroe Institute welcomes your tax-deductible donation in any amount. \$500 or more entitles you to enter the *INNER CIRCLE*. If you would like to make a contribution in a substantially larger amount, you may designate that the moneys be allocated to efforts of the Institute that are of particular interest to you, or request that the funds be placed into general revenue in support of TMI's overall efforts. Contributions may also be in the form of equipment or services.

May our heartfelt gratitude for your support touch your being at all focus levels. We are deeply appreciative and honored by your generosity. Thank you for your continued support of TMI and the evolution of human consciousness.

Each year at this time we have provided the membership with suggestions for holiday giving.

We have offered discounts on products and services of Interstate Industries and on Institute memberships.

We have always felt that the holiday season provided TMI members an opportunity to participate in the evolution of human consciousness by extending the Hemi-Sync process and audio-guidance programs as gifts to your friends and loved ones.

This year, instead of suggesting a special holiday gift, we are asking you, the membership, what you want.

What can we here at the Institute offer you that will allow you to expand, to experience, to know, and to understand all that you are?

What can we offer you that will accelerate the growth and evolution of human consciousness?

From all of us at The Monroe Institute, thank you for your support throughout the year and please have a glorious holiday season.

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at
The Nancy Penn Center in Faber, Virginia.

1993-1994

GATEWAY VOYAGE

October 9-15
November 6-12
December 4-10
January 15-21, 1994
February 5-11
March 5-11
March 26-April 1
April 16-22

GUIDELINES II

(A Graduate Program)
October 16-22
December 11-17
March 12-18, 1994

PROFESSIONAL SEMINAR

July 23-29, 1994

LIFELINE

(A Graduate Program)
November 13-19
February 12-18, 1994
April 23-29

LIFE SPAN 2000

January 22-28, 1994
April 9-15

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia, 22938-9749. Telephone: (804) 361-9132. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync™ technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

Managing Editor: F. Holmes Atwater.
Editor: Shirley Bliley.

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item (no personal advertising, please!), write or call the TMI FOCUS, The Monroe Institute.

Books

These books may be acquired through your local bookstore. They are not available from TMI or Interstate Industries, Inc.

Healing Myself, by

Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.), should be in the bookstores by October. This is Gari's inspiring story of how Hemi-Sync, specifically the *EMERGECY SERIES*, helped her to endure and heal from a series of painful reconstructive surgeries following a near-fatal car accident.

Out There, by Howard Blum (\$5.99, softcover, Pocket Star Books), is an account of the United States government's Unidentified Flying Object Working Group formed in 1987 to investigate the authenticity of the UFO phenomenon. The Monroe Institute is mentioned as a site for training the Army intelligence personnel involved to relieve stress through "advanced states of consciousness" and to learn to experience "hemisphere synchronization."

The Dolphin Tribe, by Ashleea Nielsen (\$9.95, softcover, White Dolphin Press), will be published in late August. This book is an outgrowth of Ashleea's intense interest in and exploration of interspecies communication between humans and dolphins and its possible value for healing ourselves and the planet. She makes generous mention of

Bob Monroe's research, especially his development of the concept of NVC (non-verbal communication) and gives information for contacting the Institute.

Mind Trek, by Joe McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.), is Joe's personal account of how he developed his ability to "see" in the mind's eye things remote in time, in space, or in both time and space. Joe is a long-time associate of The Monroe Institute; *GATEWAY VOYAGE* participants will remember his presentation on the topic of remote viewing as one of the high points of the course. *Mind Trek* includes guidelines on how to

develop these abilities.

The following title is available through Interstate Industries, Inc.

Whole Brain (\$14.95, softcover, Hampton Roads Publishing Company, Inc.) was compiled by Ronald Russell, a member of TMI's Professional Division and Board of Directors. Filled with firsthand experiences and professional and therapeutic applications of Hemi-Sync, it constitutes an excellent introduction to the technology and is likely to become a standard sourcebook for anyone wanting to know what Hemi-Sync is and what it does. *Whole Brain* is scheduled to be available by November or December of 1993.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

TORONTO, ONT
Blair Swanson
(416) 269-4252



VANCOUVER, BC
Carol Biernat
(604) 261-2840

SCOTLAND

FIFE
Robert and Penelope Gibson
(0337) 30767

U.S.A.

BUTTE, MT
Leo McCarthy
(406) 494-3567
CAMBRIA, CA
Lealand Beck
(805) 927-4621
FINESVILLE, NJ
Pete Ennes
(908) 995-9493
HENDERSONVILLE, NC
Joe Gallenberger
(704) 693-4721
INDIANAPOLIS, IN
Shawn Casey
(317) 852-7727
JACKSON, WY
Tim Bradley
(307) 733-0907
LAKE CITY, SC
Jacqueline Simanek
(803) 394-8281
LAMBERTVILLE, MI
Eileen Tucker
(313) 856-5251
LONDON, KY
Pauline Johnson
(606) 878-1907
MARIETTA, GA
Jan and Art Flint
(404) 514-7901
MONTVILLE, NJ
Judith Lerner-Taylor
(201) 402-8142
NEW YORK, NY
Ross Jacobs
(212) 929-0661
Al Swadichuto
(212) 228-3298
PORTLAND, OR
Clayton Morgan
(503) 236-1705
Bill Oakes
(503) 288-5305 (w)
PETALUMA, CA
Hildegard Minstein
(707) 763-7537

SCOTLAND, CT
Genia Haddon
(203) 456-0646
TEMPE, AZ
Marcie A. Katler
(602) 968-3021
TOLEDO, OH
Eileen Tucker
(313) 856-5251
TULSA, OK
Bruce W. Freeman
(918) 445-0040

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch.

Magazines

Dimensions, Vol. 1, No. 9, August 1993.
"Face Your Dragons" by Lee Milteer chronicles how participation in the *GATEWAY VOYAGE* program enabled her finally to confront the personal dragons (fears) that

were sabotaging her writing. This is an enthusiastic and clear overview of the benefits to be derived from Institute technology. *OMNI Magazine's* feature article on TMI by staff writer Murray Cox, with a technical sidebar by Skip Atwater, appears in the fall anniversary issue.

Newsletters

Hampton Roads Publishing Company, Inc., Newsletter, September 1993. Under the heading "The HRPC/TMI Connection," Vice-President and Editor-In-Chief Frank DeMarco reaffirms his enthusiasm for the Hemi-Sync technology. He describes it as a "rudder for the mind" that can make one master over, rather than slave to, one's mental state. Frank also calls attention to three new titles (listed above) published by HRPC that will help spread the word.



QUARTERLY TAPE RECUPERATIVE SLEEP

The *TimeOut* sleep CD, just released by Interstate Industries, Inc., enables a listener to program a variety of sleep patterns based upon Hemi-Sync sound research at The Monroe Institute. Various sleep patterns can be achieved by programming the sequence and repetition of tracks. This quarter's member tape illustrates just one of the many possible sleep programs available on this CD.

Recuperative Sleep guides you into a deep, stage-four sleep and then returns you to stage-two sleep (a receptive theta state), where a series of health-regenerating affirmations are provided. The program alternates between deep sleep and the affirmation sequence, then "guides you gently into wakefulness—feeling refreshed and full of new vitality." It is NOT designed to be used in the auto-reverse mode.

The *TimeOut* CD represents state-of-the-art digital sound technology and, for the first time, places you in control of your own Hemi-Sync audio-guidance program. To purchase it, or other Hemi-Sync products, call Interstate Industries, Inc., at (800) 541-2488.



HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* work-

shop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practi-

cal tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, or to inquire if there is an *OUTREACH* Trainer near you, call (804) 361-1252. If you wish to organize a group in your locality who would be interested in experiencing Hemi-Sync training, please ask us how to arrange to bring an *OUTREACH* Trainer to you.



THE MONROE INSTITUTE

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